D.M.RAZK موقع الدكتور محمد رزق معلم الكيمياء التعليمي

Lesson 1

The Five Senses الحواس الخمسة

1. Choose the correct answer from a, b, c or d:

1. I can ..... with my eyes.
a) see b) hear c) touch d) smell
2. I can ..... with my ears.
a) see b) hear c) touch d) smell
3. I can ..... with my tongue.
a) see b) hear c) touch d) taste
4. I can ..... with my hands.
a) see b) hear c) touch d) smell
5. I can ..... with my nose.
a) see b) hear c) taste d) smell

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Our Amazing Senses
حواسنا المذهلة

Ms. Mona:
Good morning, children! What a beautiful day in the school garden.
صباح الخير، يا أطفال! ما أجمل هذا اليوم في حديقة المدرسة.

Sami:
Good morning, Ms. Mona! What will we learn today?
صباح الخير، أستاذة منى! ماذا سوف نتعلم اليوم؟

Ms. Mona:
Today, we'll learn about our amazing senses.
اليوم، سوف نتعلم عن حواسنا المذهلة.

Salma:
What are senses, Ms. Mona?
ما هي الحواس، يا أستاذة منى؟

Ms. Mona:
Senses help us understand the world around us—like sight, hearing, and smell.
تساعدنا الحواس في فهم العالم حولنا – مثل الإبصار، السمع، والشم.

Sami:
I can hear birds singing!
أستطيع أن أسمع الطيور تغني.

Ms. Mona:
Yes, that's your sense of hearing. What else can we use?
نعم، إنها حاسة السمع. ماذا يمكننا أن نستخدم أيضاً؟

Salma:
I can smell the flowers and see the colorful butterflies.
أستطيع أن أشم الزهور وأرى الفراشات الملونة.

Ms. Mona:
Excellent, Salma. Those are your senses of smell and sight. Senses also help us stay safe.
ممتاز يا سلمى. إنهما حاستا الشم والبصر. تساعدنا الحواس أيضاً على البقاء في أمان.

Sami:
Ms. Mona, how do our senses help us stay safe?
أستاذة منى، كيف تساعدنا الحواس على البقاء في أمان؟

Ms. Mona:
That's a great question, Sami! For example, if we smell smoke, we know there's a fire.
هذا سؤال رائع يا سامي! على سبيل المثال، إذا شممنا دخاناً، نعرف أن هناك حريقاً.

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VOCABULARY

جدول الكلمات الحفظ

senses	الحواس	see	يري
sight	الابصار/الرؤية	hear	يسمع
hearing	السمع	smell	يشم
garden	حديقة	touch	يلمس
understand	يفهم	taste	يتذوق
smoke	دخان	eye	عين
fire	نار/حريق	ear	أذن
safe	آمن	nose	أنف
flower	وردة	hand	يد
butterfly	فراشة	tongue	لسان

OUR FIVE SENSES حواسنا الخمسة

I see colors and shapes with my eyes. أري الألوان والأشكال بعيني	
I hear music and voices with my ears. أسمع الموسيقي والأصوات بأذني.	
I smell flowers in the garden with my nose. أشم رائحة الزهور في الحديقة بأنفي.	
I touch soft and hard things with my hands. ألمس الأشياء الناعمة الصلبة بيدي.	
I taste delicious food with my tongue. أتذوق الطعام اللذيذ بلساني	

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Exercises

1. Listen and write (T) True or (F) False:

1. We have five senses. ( )
2. We see with our ears. ( )
3. We smell with our nose. ( )
4. Our senses help us stay safe. ( )

2. Choose the correct answer from a, b, c or d:

1. I can touch with my .....
a) ears b) hands c) nose d) eyes
2. I can see with my .....
a) ears b) hands c) nose d) eyes
3. I can smell with my .....
a) ears b) hands c) nose d) eyes
4. I can hear with .....
a) ears b) hands c) nose d) eyes
5. I can taste with .....
a) tongue b) hands c) nose d) eyes
6. I can ..... birds singing.
a) hear b) smell c) taste d) touch
7. Senses help us ..... the world around us.
a) eat b) grow c) understand d) play
8. Salma can see colorful ..... on the flowers.
a) bats b) butterflies c) clouds d) stones
9. We smell smoke. There is a .....
a) party b) game c) honey d) fire
10. Senses help us ..... safe.
a) spend b) stay c) sleep d) lose
11. The sense of ..... helps us to listen to music.
a) hearing b) seeing c) smell d) taste
12. I ..... soft and hard things with my hands.
a) taste b) touch c) smell d) see
13. I taste delicious food with my .....
a) ears b) nose c) tongue d) eyes

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3. Read and complete the text with the words in the box:

ears – eyes – safe – smell – touch

We have five senses. Our senses help us to understand the world. We use our (1) …… to see things. We use our (2) …… to hear sounds. Our noses help us to (3) …… things. Our senses keep us (4) …… . When we smell smoke, we know there is a fire.

4. Read the text and answer the questions:

My name is Salma. I go to the garden with Ms. Mona in the morning. I learn about senses. Senses help us understand the world around us. We can see flowers and colorful butterflies with our eyes. We can hear birds singing with our ears. Our senses keep us safe. When we smell smoke, we know there is a fire.

A: Choose the correct answer from a, b, c or dd:

1. Salma go to the …… with Ms. Mona.

a) park b) club c) garden d) hotel

2. The underlined word "colorful" means …… .

a) sad b) bad c) beautiful d) ugly

B. Answer the following questions:

3. What does Salma learn about?

……

4. When does Salma go to the garden with Ms. Mona?

……

5. Where does Salma go with Ms. Mona?

……

What ماذا	When متي

5. Punctuate the following:

we have five senses

……

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Lesson 2

Sarah's Healthy Habits
عادات سارة الصحية

1 Sarah is a healthy 10-year-old girl. She follows good habits every day to stay strong and healthy.

سارة فتاة صحية تبلغ من العمر 10 سنوات. تتبع عادات جيدة يومياً لتبقى قوية وصحية.

2 Morning — الصباح

Sarah wakes up early at 6:00 a.m. She brushes her teeth, washes her face, and does simple exercises in the garden.

تستيقظ سارة مبكرا الساعة 6:00 صباحاً. تنظف أسنانها، وتغسل وجهها، ثم تمارس بعض التمارين البسيطة في الحديقة.

3 Healthy Breakfast — إفطار صحي

She drinks orange juice and eats eggs and brown bread. These foods give her energy.

تشرب عصير البرتقال وتأكل البيض وخبز القمح الكامل. هذه الأطعمة تمنحها الطاقة.

4 At School — في المدرسة

Sarah drinks plenty of water between classes and plays sports with her friends during break time.

تشرب سارة الكثير من الماء بين الحصص، وتلعب الرياضة مع صديقاتها أثناء الاستراحة.

5 Afternoon — فترة الظهيرة

She does her homework first, then helps her mother in the garden. They grow fresh vegetables together.

تقوم بواجباتها المدرسية أولاً، ثم تساعد أمها في الخديقة. يزرعان خضراوات طازجة معاً.

6 Dinner — العشاء

Sarah eats lots of vegetables and fruits. They give her important vitamins. She doesn't eat too many sweets.

تأكل سارة الكثير من الخضراوات والفواكه. وهذه الأطعمة تزودها بالفيتامينات المهمة. ولا تأكل الكثير من الحلويات.

7 Evening — المساء

She takes a shower, brushes her teeth again, and goes to bed early at 8:30 p.m. She sleeps for 9 hours every night.

تأخذ حماماً، وتنظف أسنانها مرة أخرى، وتذهب إلى الفراش مبكرًا الساعة 8:30 مساءً. تنام 9 ساعات كل ليلة.

Getting enough sleep helps her body stay healthy and her mind stay sharp. Sarah's healthy habits help her feel good and do well at school. She has lots of energy to learn, play, and enjoy her day.

الحصول على قسط كافي من النوم يساعد جسمها على البقاء صحياً، ويساعد ذهنها على البقاء متيقظًا. عادات سارة الصحية تساعدها على الشعور بالراحة والتفوق في المدرسة. ولديها الكثير من الطاقة لتتعلم وتلعب وتستمتع بيومها.

D.M.RAZK موقع الدكتور محمد رزق معلم الكيمياء التعليمي

Healthy habits عادات صحية

wake up early استيقظ مبكراً	brush my teeth أغسل أسناني بالفرشاة	wash my face أغسل وجهيً	do simple exercises أقوم بتمارين بسيطة

جدول الكلمات الحفظ

healthy	صحي	wake up early		استيقظ مبكراً
habits	عادات	brush my teeth		أغسل أسناني بالفرشاة
strong	قوي	wash my face		أغسل وجهيً
energy	طاقة	do simple exercises		أقوم بتمارين بسيطة
mind	عقل	take a shower		يأخذ حمام
sharp	يقظ	break time		وقت الفسحة
learn	يتعلم	breakfast		الإفطار
enjoy	يستمتع	lunch		الغداء
classes	حصص	dinner		العشاء
kitchen	مطبخ	wake up	woke up	يستيقظ
morning	الصباح	drink	drank	يشرب
afternoon	بعد الظهر	go	went	يذهب
evening	المساء	sleep	slept	ينام
next	ثم/التالي	take	took	يأخذ
after that	بعد ذلك	eat	ate	يأكل

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Choose the correct answer from a, b, c or d:

1. A clever boy has a sharp …… .
a) body b) mind c) sleep d) food
2. She follows good habits every day to stay strong and … .
a) bad b) sad c) healthy d) wealthy
3. She does some simple exercises in the …… .
a) kitchen b) garden c) bedroom d) bathroom
4. Mum cooks in the …… .
a) kitchen b) garden c) bedroom d) bathroom
5. We eat …… in the morning.
a) breakfast b) lunch c) dinner d) snack
6. Healthy food gives us …… for the day.
a) energy b) mind c) habit d) class
7. I brush my …… .
a) face b) teeth c) nose d) hands
8. I …… my face.
a) brush b) wash c) wake up d) sleep
9. Getting enough sleep helps mind stay …….
a) sharp b) share c) shock d) sleep
10. She goes to bed early at 8:30 p.m. in the …… .
a) morning b) afternoon c) evening d) night
11. To be healthy, she doesn't eat many …… .
a) vegetables b) fruits c) sweets d) juice
12. I …… early in the morning.
a) brush b) wash c) wake up d) sleep

2. Read and complete the text with the words in the box:

teeth – wakes up – washes – exercises - mind

Sarah is a healthy 10-year-old girl. She follows good habits every day to stay strong and healthy. She (1)…… early in the morning. She (2)…… her face. She brushes her (3)…… She does simple (4)…… in the garden.

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3. Read the text and answer the questions:

In the morning, Sarah wakes up early at 6:00 a.m. She brushes her teeth and washes her face. Next, she does some simple exercises in the garden. For breakfast, Sarah eats healthy food. She drinks orange juice and eats eggs and brown bread. These foods give her energy for the day.
In the afternoon, Sarah does her homework first. After that, she helps her mother in the garden. They grow fresh vegetables together. She goes to bed early at 8:30 in the evening.

A: Choose the correct answer from a, b, c or dd:

1. The text is about Sara's healthy ..... .
a) habits b) clothes c) homework d) bedroom
2. Sarah does her homework in the ..... .
a) morning b) afternoon c) evening d) night

B. Answer the following questions:

3. When does Sarah wake up? .....
4. Where does Sarah do simple exercises? .....
5. Summarize the text in one sentence.

.....

When متي	Where أين

4. Write a paragraph of FOUR (4) sentences using the words below:

"Our senses"

see – touch - hear

.....
.....
.....
.....

5. Write a paragraph of FOUR (4) sentences using the words below:

"healthy life"

wake up – brush - exercises

.....
.....
.....

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The present simple tense زمن المضارع البسيط

* الاستخدام: يستخدم زمن المضارع البسيط للتحدث عن العادات والروتين.

* التكوين:

الجملة المثبتة:

- يتكون زمن المضارع البسيط بإضافة (s-)للفعل إذا كان الفاعل he/she/itأو اسم مفرد.
- لا تضاف للفعل حرف(s-)للفعل إذا كان الفاعل we/they/you أو اسم جمع.

الفعل في المصدر بدون إضافة حرف	he/she/it s → أو اسم مفرد
I/we/they/you s → أو اسم جمع	

Examples:
- I play with my friends.
- They wear blue uniforms.
- They eat breakfast.
- He plays with my friends.
- She wears blue uniforms.
- He eats breakfast.

يضاف للفعل (s-ا) إذا كان ينتهي بـ ((ch – sh – ss – o – x

cross crosses wash washes watc watch watches
fix fixes go g go goes

Examples:
- I brush my teeth every day. / He brushes his teeth every day.
- You wash tlue dishes. / She washes the dishes.
- We go to school. / He goes to school.

- إذا كان الفعل ينتهي بـ y يسبقها حرف ساكن تقلب إلى (ies)

hurry hurries carry carries s study studies

Examples:
- I study English every day. / He studies English every day.
- We carry the bags. / She carries the bag.
- They hurry to catch the bus. / He hurries to catch the bus.

إذا كان الفعل ينتهي بـ y يسبقها متحرك (a – i- o – u- e) تبقى كما هي و نضيف (s)

play plays - enjoy enjoys

Examples:
- I play games every day. / He plays games every day.
- We enjoy the healthy food. / She enjoys the healthy food.
- They buy the vegetables. / He buys the vegetables.

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The present simple tense

زمن المضارع البسيط

★ • الاستخدام : يستخدم زمن المضارع البسيط للتحدث عن العادات والروتين.

★ التكوين :

الجملة المثبتة :

- يتكون زمن المضارع البسيط باضافة (-s) للفعل إذا كان الفاعل he/she/it أو اسم مفرد.
- لا تضاف للفعل حرف (-s) للفعل إذا كان الفاعل we/they/you أو اسم جمع.

لا يضاف للفعل حرف (s)	يضاف للفعل حرف (s)
I/we/they/you أو اسم جمع	he/she/it أو اسم مفرد

Examples:

- I play with my friends.
- They wear blue uniforms.
- They eat breakfast.
- He plays with my friends.
- She wears blue uniforms.
- He eats breakfast.

يضاف للفعل (es) إذا كان ينتهي بـ (ch – sh – ss – o – x)

cross → crosses | wash → washes | watch → watches | fix → fixes

Examples:

- I brush my teeth every day.
- You wash the dishes.
- He brushes his teeth every day.
- She washes the dishes.

إذا كان الفعل ينتهي بـ y وبسيقها حرف ساكن تقلب إلى (ies)

hurry → hurries | carry → carries | study → studies

Examples:

- I study English every day.
- We carry the bags.
- They hurry to catch the bus.
- He studies English every day.
- She carries the bag.
- He hurries to catch the bus.

إذا كان الفعل ينتهي بـ y بسيقها متحرك (a – i – o – u – e) تبقى كما هي ونضيف (s)

play → plays | enjoy → enjoys | buy → buys

Examples:

- I play games every day.
- We enjoy the healthy food.
- They buy the vegetables.
- He plays games every day.
- She enjoys the healthy food.
- He buys the vegetables.

★ verb to be ★

I	He/she/it/ الاسم المفرد	We/You/They/ الاسم الجمع
am	is	are

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Exercise on Grammar

Choose the correct answer from a, b, c or d:

1. I ..... healthy food every day.
a) eat b) eats c) eating d) ate
2. She ..... up early every morning.
a) wake b) wakes c) waking d) woke
3. He ..... football at club.
a) play b) plays c) to play d) playing
4. We ..... juice every day.
a) drink b) drinks c) drank d) drinking
5. She ..... her teeth every evening.
a) brush b) brushes c) brushing d) brushed
6. They ..... vegetables.
a) grow b) grows c) growing d) grew
7. He ..... a shower every day.
a) take b) takes c) taking d) took
8. She ..... the bag .
a) carry b) carries c) carrying d) to carry
9. He ..... the fruits in the market.
a) buy b) buys c) buying d) to buy
10. I ..... mum in the kitchen every afternoon.
a) help b) helps c) helping d) helped

2. Read and write the correct form of the word (s) between brackets:

1. She ..... (**take**) shower every morning.
2. My brother and I ..... (**watches**) TV in the evening.
3. My sister..... (**study**) English every day.
4. The nurse ..... (**help**) sick people.
5. He ..... (**eat**) vegetables and fruits every day.
6. We ..... (**wakes up**) early in the morning.
7. I ..... (**plays**) games at club.
8. She ..... (**do**) exercises in the morning.
9. He ..... (**brushing**) his teeth every day.
10. My friend ..... (**read**) a book every day.
11. She ..... (**are**) happy.

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Lesson 3

Goha and the Smell of Soup
جحا ورائحة الحساء

1 The beginning: البداية

One morning, Goha was walking through the market. He was very hungry, but he didn't have enough money to buy food. Suddenly, he smelled something wonderful. The yummy smell was coming from a restaurant's window. Goha stopped and sat outside the restaurant. He closed his eyes and took a deep breath.
"Ah," he said. "This wonderful smell makes me feel less hungry!"

في صباح أحد الأيام، كان جحا يتجول في السوق. كان جائعا جدًا، لكن لم يكن لديه ما يكفي من المال لشراء الطعام. فجأة، شم رائحة رائعة؛ كانت الرائحة اللذيذة تنبعث من نافذة مطعم. توقف جحا وجلس خارج المطعم، أغمض عينيه وأخذ نفساً عميقاً. قال "أه، هذه الرائحة الرائعة تخفف عني الجوع".

2 The middle: المنتصف

The restaurant owner saw Goha and asked, "What are you doing?"
Goha said, "I'm enjoying the smell of your delicious soup." The owner was greedy. He said, "You can't smell the soup for free! You must pay for it!"

رأى صاحب المطعم جحا فسأله: "ماذا تفعل؟"
قال جحا: " أستمتع برائحة حسائك اللذيذ".
كان صاحب المطعم جشعاً، فقال:
" لا يمكنك شم رائحة الحساء مجانًا! يجب أن تدفع ثمنه!"

3 The end: النهاية

Goha thought for a moment. Then took out a few coins from his pocket. He shook them in his hand, and they made a jingling sound. "Here," said Goha. "If you want money for the smell of your soup, then you can take the sound of my coins."
The owner laughed at Goha's clever answer. "Come inside," he said. "Let's share this soup." Good food tastes better when shared with others!

فكر جحا، لحظة، ثم أخرج بعض عملات معدنية من جيبه، ضاحبها بيده، وأحدث رنيناً. قال جحا: " تريد المال لرائحة حسائك، إذن خذ ضحك صاحب المطعم، فاقبل صوت عملاتي المعدنية.
ضحك صاحب المطعم وأذخل جحا لتناول الطعام معا.
'لنتشارك هذا الحساء ". الطعام اللذيذ أشدُّ متعة عندما نشاركه مع الآخرين!

Moral: Kindness and sharing make life better!
العبرة: اللطف والمشاركة يجعلان الحياة أجمل!

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Definitions:

owner مالك/صاحب	someone who has something.
jingling صوت	a light, ringing sound
share يتشارك	to give some of what you have to others.
hungry جوعان	wanting to eat
greedy طماع	always wanting more than what is needed.

market	سوق	coins	عملات معدنية
hungry	جوعان	pocket	جيب
suddenly	فجأة	jingling sound	صوت رنين خفيف
yummy smell	رائحة لذيذة	share	يتشارك
close his eyes	يغلق عينيه	restaurant	مطعم
owner	مالك/صاحب	meal	وجبة
delicious soup	شوربة لذيذة	buy bought	يشتري
greedy	طماع	pay for paid for	يدفع
clever	ذكي	take out took out	يُخرج

1. Listen and write (T) True or (F) False:

1. Goha walked in the market. ( )
2. Goha had money to buy food. ( )
3. The smell came from a restaurant. ( )
4. Goha went inside the restaurant. ( )

2. Choose the correct answer from a, b, c or d:

1. My father has a big restaurant. He is the …… of the restaurant.

a) owner b) manager c) teacher d) farmer

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2. " ……." means a light ringing sound.
a) owner b) Jingling c) coach d) Noise
3. People go to …… to eat meals.
a) restaurant b) garden c) river d) sea
4. I'm …… . I want to eat.
a) greedy b) lost c) thirsty d) hungry
5. He wants a lot of money. He is …… .
a) good b) greedy c) lost d) dead
6. Goha shook the coins in his hand and they made a …… sound.
a) garden b) jingling c) soup d) greedy
7. The soup was delicious and has a …… smell.
a) yum b) yummy c) ugly d) bad
8. He was kind and …… his food with us.
a) saw b) shared c) solved d) laughed

3. Read and complete the text with the words in the box:

smell – coins – restaurant – owner - share

One day, Goha was hungry but didn't have enough money to buy food. He smelled delicious soup from a (1) ……. He sat outside, enjoying the …… of it. The owner asked Goha to pay for the smell. Goha cleverly offered to pay with the sound of his (3) ……. The owner laughed and invited him in to (4) …… the soup.

4. Read the text and answer the questions:

One morning, Goha was walking through the market. He was very hungry, but he didn't have enough money to buy food. The yummy smell was coming from a restaurant's window. Goha stopped and sat outside the restaurant.

The restaurant owner was greedy. He said, "You can't smell the soup for free! You must pay for it!" Goha took out a few coins from his pocket. He shook them in his hand, and they made a jingling sound.

A: Choose the correct answer from a, b, c or dd:

1. Goha was …… through the market.
a) running b) walking c) eating d) visiting
2. The underlined word "yummy" means ……
a) bad b) good c) sad d) happy

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B. Answer the following questions:

3. Where did Goha sit?

.....

4. How was the restaurant owner?

.....

5. Summarize the text in two sentences.

.....

تنطق الحروف القصيرة short vowels بسرعة وليس كطريقة نطق الحرف:

تنطق الحروف الطويلة Long vowels بطريق طويلة مثل نطق الحرف

2 Read and complete with the words in the box:

feed - pen - pot - heat - home - hat

Short vowels	Long Vowels

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Lessons 4&5

My Healthy Daily Routine

روتيني اليومي الصحي

1

Having a daily routine is important. Let me tell you about my healthy habits and how they help me stay strong.

من المهم اتباع روتين يومي. دعوني أخبركم عن عاداتي الصحية وكيف تساعدني علي البقاء قوية.

2

Every day, I follow the same routine. First, I wake up early at 6:00a.m. and brush my teeth. I wash my face and get dressed for school.

أتبع روتيناً يومياً. أولاً, استيقظ مبكراً الساعة السادسة صباحاً و أغسل أسناني. أغسل وجهي و أرتدي ملابسي للمدرسة.

3

Next, I have a healthy breakfast, including milk and fruit. Then, I go to school, where I study and play with my friends. During break time, I eat a healthy snack and drink water. After school, I have lunch with my family.

بعد ذلك, أتناول فطوراً صحياً, يحتوي علي الحليب والفاكهة. ثم أذهب إلي المدرسة, حيث أدرس و ألعب مع أصدقائي. ثم أتناول الغداء مع عائلتي.

1 Have a healthy breakfast with milk and fruit.
2 Go to school.
3 Study.
4 Play with friends.
5 Eat a healthy snack and drink water during break.
6 Have lunch with my family.

4

After that, I do my homework and then play sports for one hour. In the evening, I take a shower and have dinner. Finally, I go to bed at 9:00 p.m. because sleeping early keeps me healthy.

بعد ذلك, أحل واجباتي المدرسية. ثم أمارس الرياضة لمدة ساعة. أستحم و أتناول العشاء. وأخيراً , أنام الساعة التاسعة مساءً, لأن النوم مبكراً يحافظ علي صحتي.

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Sequence words

كلمات التسلسل تُساعدنا على إظهار تسلسل الأحداث. فهي تُخبرنا بما يحدث في البداية، وفي المنتصف، وفي النهاية. وهي:

FIRST	أولًا	I wake up early at 6:00 a.m. and brush my teeth.
NEXT	ثم	I have a healthy breakfast, including milk and fruit.
THEN	لاحقًا	I go to school, where I study and play with my friends.
AFTER THAT	بعد ذلك	I do my homework and then play sports for one hour.
FINALLY	أخيرًا	I go to bed at 9:00 p.m.

VOCABULARY

daily routine	نظام يومي	First	أولا
important	مهم	Next	ثم
stay strong	يبقي قويا	Then	لاحقا
snack	وجبة خفيفة	After that	بعد ذلك
breakfast	الافطار	Finally	أخيرا
lunch	الغداء	study	يذاكر
dinner	العشاء	take a shower	يأخذ حمام

Exercises

1. Choose the correct answer from a, b, c or d:

1. Having a daily ..... is important.

a) routine b) sweets c) visit d) snake

2. ....., I wake up early at 6:00a.m.

a) First b) Next c) Then d) Finally

3. I study with my friends at .....

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a) home b) club c) park d) school

4. I ..... my homework in the evening.

a) make b) work c) do d) go

5. I have my ..... in the evening.

a) breakfast b) lunch c) dinner d) routine

3. Read and complete the text with the words in the box:

brush - study - First - Next - Finally

Every day, I follow the same routine. (1) ....., I wake up early at 6:00a.m. and (2) ..... my teeth. I wash my face and get dressed for school. (3) ....., I have a healthy breakfast, including milk and fruit. Then, I go to school, where I (4) ..... and play with my friends.

4. Read the text and answer the questions:

I'm Omar. I have a good daily routine. First, I have a healthy breakfast, including milk and fruit. Next, I go to school, where I study and play with my friends.

After school, I have lunch with my family. I do my homework and then play sports for one hour. In the evening, I take a shower and have dinner. Finally, I go to bed at 9:00 p.m. because sleeping early keeps me healthy.

A: Choose the correct answer from a, b, c or d:

1. The text is about Omar's ..... .

a) school b) city c) food d) daily routine

2. The underlined word "**daily**" means every .....

a) day b) week c) month d) year

B. Answer the following questions:

3. When does Omar go to bed?

.....

4. Where does Omar study and play with his friends?

.....

5. Summarize the text in one sentence.

.....

When	متي	Where	أين

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تدريب علي كتابة البراجراف Paragraph

1. Write a paragraph of FOUR (4) sentences using the words below:

"Our senses"

see – touch

* I have five senses. لي خمسة حواس
* I see with my eyes. أري بعيني
* I hear with my ears. .أسمع بأذني
* I smell with my nose. .أشم بأنفي
* I taste with my tongue. .أتذوق بلساني
* I touch with my hands. .ألمس بيدي

2. Write a paragraph of FOUR (4) sentences using the words below:

"healthy life"

wake up – brush - exercises

* I wake up early. I brush my teeth. .أستيقظ مبكرا. أغسل أسناني
* I wash my face. I eat a healthy breakfast. .أغسل وجهي. أكل إفطار صحي
* I play and do exercise with my friends. .ألعب وأقوم بالتمرينات مع أصحابي
* I study and do homework. .أذاكر وأحل واجباتي
* I take a shower and have dinner. .أخذ حمام وأتناول العشاء
* I sleep early to keep healthy. .أنام مبكرا لكي أكون صحياً

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Test on (Unit (1))

1. Listen and circle the correct answer from a, b , c or d:

1. We have five senses. ( )
2. We use our eyes to see colorful butterflies. ( )
3. We use our ears to smell smoke. ( )
4. Our senses help us understand the world around us. ( )

2. Choose the correct answer from a, b, c or d :

1. A/An …… person always wanting more than he needed.
a) greedy b) owner c) sleepy d) good
2. She doesn't eat sweets because she wants to be ……
a) tired b) small c) healthy d) full
3. We eat breakfast in the …… .
a) night b) evening c) afternoon d) morning
4. I brush my …… before I go to bed.
a) face b) teeth c) nose d) hands
3. She …… early every day. She is active.
a) woke up b) wake up c) wakes up d) waking up
4. I …… a shower every night.
a) takes b) taking c) take d) to take
5. The children …… sports in the park every Friday.
a) plays b) play c) playing d) hands

3. Read and complete the text with the words in the box:

healthy - breakfast – water – sweets - sleep

Sara is a smart girl. She eats a big (1) …… every day. She drinks lots of (2) …… and eats (3) …… food. Sara goes to bed early to get enough (4) ……

4. Read the text and answer the questions:

Hello! My name is Ahmed. I like chicken and mangoes. I like drinking sugarcane juice. My brother Magdy likes rice and potatoes. We go to school by bus. We do our homework at seven

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o'clock. Then, we play with our cousin Adham at eight o'clock. We have dinner at 9 o'clock.

A: Choose the correct answer from a, b, c or dd:

1. Ahmed likes drinking ..... juice.

a) guava b) orange c) mango d) sugarcane

2. The underlined word "have" means ..... .

a) eat b) drink c) play d) go

B. Answer the following questions:

3. How do Ahmed and Magdy go to school?

.....

4. Who likes chicken and Mangoes?

.....

5. When do they have dinner?

.....

5. Read and write the correct form of the word (s) between brackets

1. Rana ..... (eat) ice cream in the evening.
2. Menna and her brother..... (helps) mum every day.
3. Goha ..... (go) into the restaurant.
4. She ..... (brush) her teeth in the morning.

6. Punctuate the following:

what's your healthy habits

.....

7. Write a paragraph of FOUR (4) sentences using the words below:

Healthy Habits

Guiding words :

• water • healthy • feel good

.....

.....

.....

.....

.....

.....

.....

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Unit 1 أسئلة كتاب التقييمات وكتاب المدرسة

1. Choose the correct answer from a, b, c, or d

1. Our ..... help us stay safe and learn.
   a) books b) neighbors c) senses d) toys
2. If we smell smoke, we know there's a .....
   a) tree b) flower c) fire d) bird
3. We ..... the teacher's voice in class.
   a) see b) hear c) taste d) smell
4. I can ..... soft things with my fingers.
   a) touch b) hear c) smell d) see
5. You use your ..... to read a book.
   a) tongue b) ears c) eyes d) nose
6. If we don't sleep, we feel .....
   a) excited b) tired c) fast d) clean
7. We ..... and jump in the playground.
   a) wash b) sleep c) run d) eat
8. Sleeping early keeps me .....
   a) unhealthy b) healthy c) late d) tired
9. I brush my ..... before bed.
   a) clothes b) teeth c) books d) shoes
10. I ..... a shower in the evening.
    a) walk b) do c) take d) eat
11. I always ..... my teeth before I go to bed.
    a) brush b) brushing c) brushes d) brushed
12. We ..... with our ears.
    a) hear b) see c) taste d) walk
13. She ..... her backpack every day.
    a) carries b) carry c) carried d) carrying
14. The yummy smell came from a ..... nearby.
    a) garden b) TV c) market d) soup
15. I can ..... the soup with my tongue.
    a) smell b) hear c) taste d) watch
16. He gave the man the ..... of his coins.
    a) look b) food c) sound d) share

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17. It's good to …… food with friends.
a) share b) brush c) take d) play
18. They …… the books in the morning.
a) to read b) read c) reading d) reads
19. She …… vitamins every morning.
a) touches b) takes c) hears d) helps
20. My sister and I …… TV in the evening.
a) watch b) watches c) watching d) watched

2. Read and complete the text with the words from the box

(flowers – butterflies – hear – see – smells)

Samir can hear the birds in the garden. He sees (1) ..... flying near the flowers. He can (2) ..... their beautiful wings. His sister (3) ..... the sweet (4) ..... in the air. Birds sing loudly, so she can hear them in the tree.

3. Read and complete the text with the words from the box

(owner – smelling – hungry – sound – laughed)

Nilly passed a pizza shop. She was very (1) ..... but had no money. The (2) ..... said, "You must pay for (3) ..... my pizza!" Nilly clapped her hands and said, "Take the (4) ..... as payment!" The owner laughed.

4. Read and complete the text with the words from the box

(smell – ears – senses – touch – taste)

We use our eyes to read books and see our friends.Our (1) ..... help us listen to teachers in class. With our nose, we (2) ..... clean air.We (3) ..... our books with our hands and (4) ..... lunch with our tongue. Our senses help us learn.

5. Read and complete the text with the words from the box

(friends – sharp – breakfast – plays – sleeps)

Shady eats a good (1) ..... every morning to have energy. At school, he (2) ..... with his (3) ..... during break time. He (4) ..... for nine hours every night to keep his mind sharp and his body healthy.

6. Read and complete the text with the words from the box

(vegetables – fruit – groups – milk – eggs)

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To stay strong and active, we need to eat food from all (1) ..... We should eat rice and bread.We also need proteins such as beans or (2) ..... For strong bones, drink (3) ..... every day.Don't forget your (4) ..... .

7. Read and complete the text with the words from the box

(Then – After that – First – Next – Finally)

At night, (1) ..... I take a shower.(2) ..... I have dinner with my family. Then, I do my homework.(3) ..... I brush my teeth and read a book.(4) ..... I go to bed at nine o'clock.

Read and complete the text with the words from the following box:

vegetables – fruit – groups – milk – eggs

To stay strong and active, we need to eat food from all (1) ..... . We should eat rice and bread. We also need proteins such as beans or (2) ..... . For strong bones, drink (3) ..... every day. Don't forget your (4) ..... and at least one (5) ..... with the meal.

Read and complete the text with the words in the box:

eyes – ears – smell – tongue – senses

I see with my eyes. I hear with my (1) ..... . I (2) ..... with my nose. I taste with my (3) ..... . I touch with my hands. These five (4) ..... help me understand the world around me.

Read and complete the text with the words in the box:

routines – brushes – breakfast – helps – watches

My brother and I play football every day. He wakes up early and (1) ..... his teeth. Then he eats (2) ..... . After school, he (3) ..... our father. We enjoy watching TV together at night. These are our daily habits and (4) ..... .

Read and complete the text with the words in the box:

smelled – restaurant – owner – coins – money

Goha walked to the market. He (1) ..... something delicious. He stopped near the (2) ..... window and closed his eyes. The smell made him feel full. When the (3) ..... came, Goha gave him the sound of (4) ..... instead of real money.

Read and complete the text with the words in the box:

vitamins – studies – plays – help – wakes

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Habiba wakes up early every day. She eats fruit and takes her (1) ..... . Then she (2) ..... English before going to school. Her brother (3) ..... games after breakfast. They both (4) ..... their parents and watch cartoons at night before sleeping happily.

Read and complete the text with the words in the box:

food – fruit – vegetables – energy

Sara eats many kinds of food to stay healthy. Every day, she eats (1)..... like apples and bananas. She also enjoys (2)..... such as carrots and peas. Her mother says it is important to eat from all (3) ..... groups. Sara drinks milk, too. She feels strong and full of (4)..

8. Read and write the correct form of the word(s) between brackets

1. My grandfather ..... (drink) coffee in the morning.
2. We ..... (washes) our hands before eating.
3. Salma and I ..... (takes) the school bus every morning.
4. He ..... (read) stories in English class.
5. She ..... (clean) her room every Friday.

9. Read the following text and answer the questions

Healthy lunch helps children feel strong and happy. A good lunch may have rice, chicken, vegetables, and fruits. Drinking water is also important. You shouldn't eat too many sweets or fried food. If you eat well, you will be able to run, play, and study better.

1. A healthy lunch may have chicken, vegetables, fruit, and .....
   a) water b) pizza c) rice d) candy
2. A healthy lunch helps children feel .....
   a) strong b) sad c) tired d) sleepy

B) Answer the following questions

3. What shouldn't you eat too much of? .....
4. How does healthy food help you at school? .....

10. Read the following text and answer the questions

Omar was walking home when he smelled soup from a restaurant. He didn't go in, but he stood there smiling. The owner said, "If you enjoy the smell, you must pay." Omar laughed and shook his coins. "This is the sound of my payment!" he said. The owner laughed too.

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A) Choose the correct answer

1. Omar paid with the sound of .....
   a) laughter b) coins c) his voice d) shoes
2. The owner told Omar he must .....
   a) work b) eat c) pay d) leave

B) Answer the following questions

3. Do you think Omar is clever? Why? Why not? .....
4. How did the owner feel at the end? .....

11. Punctuate the following

1. it s important to go to bed early .....
2. let s share this food .....

Rearrange the following sentences to make correct sentences:

1. was – owner – The – greedy.
   .....
2. didn't – have – Goha – money – any.
   .....
3. was – He – through – walking – the – market.
   .....
4. clever – was – and – funny – Goha.
   .....
5. you – If – want – food, – have – you – should – money.
   .....

1. Write a paragraph of FOUR (4) sentences using the words below:

Food That Helps My Body

I eat healthy food. It helps me. I like apples. I like carrots. They make my body strong.

2. Write a paragraph of FOUR (4) sentences using the words below:

My Favorite Healthy Snacks

I love healthy snacks. I eat apples. I eat nuts. I eat them between meals. They are good.

3. Write a paragraph of FOUR (4) sentences using the words below:

Your Healthy Routine

My routine is important. I eat healthy food. I drink water. I sleep early. Habits keep me strong.

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السلام عليكم ورحمة الله وبركاته

إلى إخواني وأخواتي الأفاضل، معلمي ومعلمات اللغة الإنجليزية

بفضل الله تعالى، تم الانتهاء من إعداد سلسلة الإمبراطور المتكاملة والمتميزة في اللغة الإنجليزية للصفوف:

- الصف الرابع الابتدائي
- الصف الخامس الابتدائي
- الصف السادس الابتدائي
- الصف الأول الإعدادي
- الصف الثاني الإعدادي
- الصف الثالث الإعدادي

سلسلة الإمبراطور ليست مجرد مذكرات تقليدية أو تجميعًا للأسئلة، بل هى منظومة تعليمية متكاملة، تم إعدادها بخبرة وعناية كبيرة؛ لتوفر على المعلم وقت التحضير، وتساعده على تقديم المنهج لطلابه بطريقة منظمة ومبسطة واحترافية.
أقدمها لكم كمعلم وأخ أكبر يعرف جيدًا ما يحتاج إليه المعلم داخل الفصل، وما يحتاج إليه الطالب حتى يفهم المنهج، ويتدرب عليه، ويحقق أفضل النتائج بإذن الله.

مذكرة الشرح والتدريبات

عدد الصفحات: ١٥٠ صفحة

تتميز المذكرة بما يلي:

- شرح مبسط ومنظم لجميع دروس ووحدات المنهج.
- عرض قواعد اللغة الإنجليزية بطريقة سهلة ومتدرجة.
- شرح الكلمات والمفردات وترجمتها بصورة واضحة.
- تدريبات متنوعة على الكلمات والقواعد والمهارات المختلفة.
- تنظيم احترافي يساعد المعلم على الشرح والمتابعة بسهولة.
- تدريبات شاملة بعد كل درس لقياس مدى استيعاب الطالب.
- جميع أسئلة كتاب المدرسة.

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- أسئلة كتاب التقييمات والأداءات الصفية والمنزلية.
- أنماط متعددة من الأسئلة تناسب جميع مستويات الطلاب.
- إخراج جذاب ومنظم يشجع الطالب على المذاكرة والتدريب دون ملل.

مذكرة التسميع والواجبات والامتحانات

عدد الصفحات: ٥٠ صفحة

وتشمل:

- تدريبات تسميع منتظمة على الكلمات والقواعد.
- واجبات منزلية جاهزة بعد كل درس.
- اختبارات قصيرة لمتابعة مستوى الطلاب أولًا بأول.
- امتحانات على الدروس والوحدات.
- امتحانات شاملة ومتدرجة على المنهج.
- تدريبات تساعد على تثبيت المعلومات وعلاج نقاط الضعف.
- تنظيم متكامل يوفر على المعلم وقت إعداد الواجبات والاختبارات.

تم إعداد سلسلة الإمبراطور بعناية كبيرة؛ لتناسب جميع الطلاب بمختلف مستوياتهم، بداية من الطالب الذي يحتاج إلى التأسيس والشرح المبسط، وصولًا إلى الطالب المتفوق الذي يحتاج إلى تدريبات قوية ومتنوعة.

السلسلة تجمع بين:

الشرح المبسط – التنظيم الاحترافي – القواعد – الكلمات – التدريبات – الواجبات – التسميع – التقييمات – الامتحانات

كما يتوفر ملف PDF مخصص باسم المعلم ورقم هاتفه، ليقدم المعلم لطلابه مذكرة احترافية تحمل اسمه وهويته بكل ثقة.

الأسعار

مذكرة الشرح والتدريبات فقط 250 :جنيه

مذكرة التسميع والواجبات والامتحانات فقط 125 :جنيه

العرض المميز:

المذكرتان معًا بسعر 300جنيهًا فقط بدلًا من 375 جنيه

D.M.RAZK موقع الدكتور محمد رزق معلم الكيمياء التعليمي

طرق التحويل

التحويل متاح عن طريق:

- فودافون كاش
- إنستاباي

على الرقم التالى فقط:

01061338565

بعد التحويل، يُرجى إرسال البيانات التالية:

- صورة التحويل
- اسم المعلم أو المعلمة
- رقم الهاتف المطلوب وضعه على المذكرة
- الصف الدراسي المطلوب

تنبيه مهم

التواصل عن طريق واتساب فقط على الرقم:
01061338565

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